GRAPEVINE
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Neighbors Join to Sweep Streets in Visitacion Valley

District 10 Supervisor Sophie Maxwell (back row, third from right) joined a spirited group of Visitacion Valley residents at the corner of Bayshore Boulevard and Arleta Avenue on Feb. 3 for the first of several weekend neighborhood clean-up campaigns sponsored by the Mayor's Office and the Department of Public Works.

Decongestants Could be Dangerous For Hypertensive Patients

It's that time of year again. You find yourself coughing, sneezing, sniffling, aching and with a fever. You head to the store and pick up an over-the-counter (OTC) cold and flu medication to alleviate your symptoms. Sounds simple, right? Not if you're one of the 50 million Americans who suffer from high blood pressure.

Taking a cold and flu medication that contains a decongestant can increase blood pressure and interfere with the effectiveness of high blood pressure medications.

"High blood pressure patients have to pay special attention to their health during cold and flu season-they must maintain treatment of their condition, and carefully screen all food products and OTC medications to make sure they don't contain ingredients which may further raise blood pressure or interfere with its treatment," said Dr. Randall M. Zusman, Director, Division of Hypertension and Vascular Medicine, Massachusetts General Hospital, and Associate Professor of Medicine, Harvard Medical School. "Since many patients tend to self-medicate, they should consciously avoid products containing a decongestant."

A recent survey found that while 66 percent of people had treated cold and flu with an OTC medication in the previous year, less than half reported having consulted a doctor regarding concerns about cold and flu medications. Furthermore, the survey indicated that of those with high blood pressure polled, nearly 70 percent were treating with an OTC product containing a decongestant or not treating their cold or flu.

Safe and effective treatment of cold and flu for patients with hypertension can be found in Coricidin HBP, the only line of OTC cold and flu medications specially formulated for high blood pressure patients. Schering-Plough HealthCare Products, the maker of Coricidin HBP, is working cooperatively with the American Heart Association to educate high blood pressure patients on balancing their dual concerns during the cold and flu season.

Coricidin HBP is a sponsor of the American Heart Association's hypertension Website. To assist in making the right decision at the pharmacy, high blood pressure patients can receive a wallet card that lists types and specific examples of OTC medications that can potentially cause problems for high blood pressure patients.

To receive the free wallet card, "High Blood Pressure & OTC Medications," patients can write to Coricidin HBP at P.O. Box 6336, Young America, MN 55558-6336 or visit the Web site at www.coricidinhbp.com. For more information on hypertension and its treatment, visit the American Heart Association at www.americanheart.org or visit Coricidin HBP at www.coricidinhbp.com. NAPS

Just What Makes a Great Book Great?

by Dr. John Flynn

As the millennium drew to a close, dozens of organizations released lists of their respective "100 best." Of these summaries, few drew more criticism than the Random House Modern Library's ranking of the top 100 English language novels of the 20th century-a list which was chosen by their board.

Readers, on the other hand, had a different view of 20th century literature. For example, among their top ten are books by Ayn Rand, L. Ron Hubbard, J.R.R. Tolkien and George Orwell. I wholeheartedly agree with these choices, since most of them are on my own personal "100 best" list of authors and titles. Two emphatically stood out, particularly in their genres: Hubbard's Battlefield Earth and Tolkien's Lord of the Rings (which, for many people, includes The Hobbit).

In both of these novels, there exists a compelling and well-thought-out story of overcoming insurmountable odds through the selfless achievement of a noble objective by a very strong character. In Battlefield Earth, the hero, Jonnie Goodboy Tyler, leads a battle with the remnants of humanity against an army of intergalactic conquerors, the alien Psychlos. Despite 1,000 years of domination by the Psychlos, Jonnie is able to prove himself by an indominatable determination to make mankind survive. The result is storytelling gold: an action-packed science fiction adventure.

Likewise, in Lord of the Rings, the heroic Frodo battles many evil creatures, including the sinister Gollum and his master Sauron, to save his fellows from the menace represented by the ring.

In these times of cynicism and an evident lack of heroes, these books make clear that the striving for and the attainment of a noble purpose, however daunting the obstacles, is a trait to be admired and, indeed, emulated.

This was strikingly reaffirmed when USA Today ranked Battlefield Earth and The Hobbit at the top of their list of best-selling science fiction and fantasy novels for the year 2000.

All of which serves to prove my point-that a book is great when it is irresistibly captivating and carries you swiftly and with a noble objective, from its opening line to its closing statement. NAPS

Dr Flynn is a professor of literature at Towson University

Monthly Decline in North State Gas Prices

AAA's latest monthly gas survey shows Northern California continues to benefit from declining prices at the pump, but the high cost of crude oil may mean the end of the ride to lower gas prices.

The average price for a gallon of regular unleaded self-serve gas in Northern California is $1.68, down 3 cents from January and down 30 cents from September's record high, according to AAA's monthly gas survey. The Bay Area average is $1.75, down 3 cents from last month, but 25 cents higher than a year ago.

The highest gas prices in Northern California are San Francisco and San Mateo, at $1.84 each, both down 4 cents. Southern California reports an average of $1.60, unchanged, with Los Angeles at $1.53, down a penny. The most expensive gas in Southern California is the border town of Blythe (pop. 21,450), at $1.81, which is 3 cents less than San Francisco.

Fresno has the lowest gas in Northern California, at $1.53, down 2 cents.

Ridge View Church Community Event Features Peace Workshops, Free Lunch

"Piecing Together the Fabric of Peace" is the theme of a day-long event scheduled for Mar. 31 sponsored by Ridge View United Methodist Church on Leland Avenue.

Part of the congregation's observance of *A Season for Nonviolence*, a grassroots movement honoring the nonviolent philosophy of Mahatma Gandhi and Martin Luther King, Jr., Ridge View's day of peace will include a morning workshop on Nonviolent Communication, a community meal, youth activities, and the creation of a "peace quilt." The public is invited to attend free of charge, and childcare will be available.

Nonviolent Communication © (NVC) is an internationally known method developed by Dr. Marshall P. Rosenburg which helps people and communities to talk with one another and share feelings in a way that is descriptive rather than evaluative, neutral rather than inflammatory.

Presenting the method at the Mar. 31 event is Julie Greene, coordinator for the Bay Area Center for Nonviolent Communication and an active trainer in this field. Greene holds a master's degree in counseling psychology from Rosebridge Graduate School, Concord, California, and has 8 years experience working with heroin-addicted people. In practicing NVC, she says, she "can access deeper wells of compassion for both herself and others while remaining ever steadier in [her] core values... It has led to better relationships, better self-connection, and a smoother, more joyous flow in [her] life." The workshop at Ridge View, designed for older teens to elders, will be held from 9:30 a.m. to 12 noon.

From 12 to 10 p.m., Ghana-born Bay Area musician Pope Flyne, who directs Ridge View's Young Voices of God hip-hop gospel choir, will lead an African drumming workshop for all ages. A free community luncheon will follow at 1 p.m.

After lunch, all are invited to join Ridge View's members in the creation of a community quilt. In the weeks leading up to Mar. 31, members are each creating their own 14-inch square block with an artistic representation of what peace means to them. The final piecing together will be done that afternoon.

Anyone interested in "hands-on" learning about quilting is invited to join this part of the day's session. The finished work will be dedicated in worship the following day and hung on display in the church's sanctuary.

Activities for children, including peace-themed art projects and a praise dance workshop, will be held throughout the day.

A Season for Nonviolence began in 1998 to commemorate the 50th and 30th anniversaries of the assassinations of Gandhi and King, running for nine weeks from Jan. 30 to Apr. 4. The first launch was held at the United Nations, along with events in 115 cities in 40 states and 10 countries.

Begun by Arun Gandhi, grandson of Mahatma Gandhi, and his wife Sunanda, *A Season for Nonviolence* has been supported by Coretta Scott King, Jesse Jackson, and Dr. Bernard Lafayette, former executive assistant to Dr. King, among many others. Throughout the nine-week observation, Ridge View's Sunday 11a.m. worship is stressing the theme of nonviolence: peace with self, peace in family, school, community, and world. On Sunday, Mar. 4, Vernon Long, Unit Director for the Boys and Girls Club Visitacion Valley Branch, will be honored for his violence prevention work in the community (see related article).

All are invited to *A Season for Nonviolence* events; however an RSVP by Mar. 30 is appreciated for the Mar. 31 event so planners can prepare sufficient materials and food. For more information, contact Pastor Laurie McHugh at (415) 239-5457.

Women's Police Association Contributes Funds to GASA

Girls After School Academy (GASA), which has been providing a positive influence to young neighborhood women 8-18, recently received a contribution of $7,500 from the San Francisco women's police officers association in a special February event at its headquarters in the Sunnydale housing complex.

Since 1993, GASA has helped hundreds of girls improve their self-esteem through enrichment education aimed at building the power of achievement.

Ridge View UMC to Honor Vernon Long

Vernon Long with his wife and daughter at a Visitacion Valley event.

Vernon Long, Unit Director for the Boys and Girls Club Visitacion Valley Branch at The Village, will be honored during the public worship service of Ridge View United Methodist Church, 590 Leland Ave, on Sunday, Mar. 4 at 11 a.m. A reception will be held in Long's honor following worship. The public is invited to attend, and childcare is available.

Long has a distinguished record of service to the community. Says Grapevine editor Len Appiano, "In the last three decades, Vernon, who lived at Geneva Towers from 1970-81, has been an inspiration and mentor for many of the Valley's youth through the many recreation and sports programs he's headed or was involved with at both the Towers and now as director at The Village. Not to mention he's a concise speaker, very pleasing in a journalistic sense ... truly deserving of any award!! The Valley's lucky to have him!!"

Long's tireless work among young people has included two violence prevention projects for teens. One is an arts and crafts program with a "swords to plowshares" approach, where kids learn about welding, sanding and creating art out of metal from melted down guns. The other program, called Ounce of Prevention, is a neighborhood initiative that brings teens and parents together in focus groups to work on ways to increase neighborhood safety.

Ridge View is honoring Long as part of its nine-week observation of *A Season for Nonviolence*, an international grassroots movement now in its fourth year (see related article). In addition to recognizing Long's work for nonviolence in the community, other Ridge View worship services throughout the Jan. 30 - Apr. 4 period are focusing on peace with self, peace in the family, peace in the nation and world. All services begin at 11:00 a.m. and are open to the public. For more information, contact Pastor Laurie McHugh, (415) 239-5457.

Grapevine Mailbox

Town Hall Meetings For Strategic Plan

Dear Readers:

San Francisco's Department of Public Health (DPH) is holding a series of town hall meetings to share the final Strategic Plan: *Leading the Way to a Healthier Community 2000* with the residents of San Francisco. This initiative was approved by the Health Commission and will be used to help the Department meet the health needs of San Francisco residents.

Last year the Department of Public Health held a series of Community Town Hall meetings to gather input to help create the Strategic Plan. Now that this plan has been finalized, the Department is going back to the community to discuss how the Plan will guide the Department's future activities.

We encourage you to attend one of these Community Town Hall meetings: Thursday, Mar. 15, 5:30 to 7 p.m. at San Francisco Educational Services, 1601 Lane St. (at Quesada); and Wednesday, Mar. 21 from 5:30 to 7 p.m. at Ingleside Police Station Community Room, 1 Sgt. John Young Lane (at San Jose Avenue).

Thank you for helping DPH in its efforts to protect and promote the health of San Franciscans.

Frances Culp
Health Program Planner

Consumers Getting the Picture on TV Safety

(NAPS) Home theater is a growing trend in the U.S., and the number of new television purchases is on the rise. Consumers need to be aware more than ever of safe TV viewing-and it's not just what you're watching.

It's estimated there are 250 million TVs in use today in the U.S. and the average home has more than two television sets. There is even research that suggests TVs have become so commonplace that we may take them too much for granted when it comes to safety.

According to the Consumer Product Safety Commission, many children under the age of five are treated each year in emergency rooms for injuries associated with the tipping of televisions and furniture.

Many of the injuries involve televisions tipping or falling from inappropriate stands. Some of these injuries stem from toddlers who become excited while watching a show, and climb on, push or pull the TV or an unstable stand.

As a result, the Consumer Electronics Association (CEA) has established the Home Entertainment Support Safety Committee. This group educates consumers, manufacturers and retailers about steps they can take to make the use of televisions and television stands safer.

To publicize their message of home safety, the CEA has garnered the input and involvement of other related industry groups such as the Underwriters Laboratories (UL), the American Furniture Manufacturers Association (AFMA) and the Consumer Product Safety Commission (CPSC).

Currently there are a number of steps manufacturers are taking to meet or exceed safety standards. Many are also training sales staffs and including home safety tips in product packaging.

The tips suggested by the CEA include:

*Don't place a television on furniture designed for other uses,

*Read manufacturer's safety instructions carefully, and

*Avoid placing items that might stir a child's curiosity on top of a TV set.

Retailers are also encouraged to educate consumers to the fact that one size does not fit all when it comes to the right furniture to support a television. To learn more, visit www.CE.org.

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Service Changes on S.F. Muni Lines

San Francisco Municipal Railway made several service changes on Feb. 3, including more Metro service while combining two motor coach lines into one.

Beginning Feb. 3, Muni began replacing track on Ocean Avenue between Junipero Serra Boulevard and City College along the route of the K-Ingleside Metro streetcar line. The project also includes other improvements to Ocean Avenue and will take about 27 months to complete.

During the construction, K-line streetcars are only operating between the Embarcadero Station and St. Francis Circle, with motor coaches providing service on the K-line between West Portal Station and the Balboa Park BART Station.

On the 12-Folsom line, changes were made combining the 12-Folsom and 83-Pacific into a single 12-Folsom route while:

*Expanding the 12-Folsom's current weekday, daytime-only service to run seven-days-a-week, from approximately 6 a.m. to 12 midnight.

*Increasing the weekday frequency during the 6 a.m. to 7 p.m. period from 20 to 10-minute intervals (although service on Washington and Jackson streets, west of Van Ness Avenue, will remain weekday, daytime-only service, operating every 20 minutes.)

*Moving the southbound portion of the 12-Folsom in the SOMA area from Howard Street to Harrison Street.

*Extending service to The Embarcadero for the connection between SOMA and Chinatown, with connections to the F-Market & Wharves line at the Ferry Building and the Muni Metro at the Folsom Station. (The Embarcadero BART/Metro Station is a short distance from the 12-line stop at the Ferry Building.)

On the 19-Polk line, the northbound portion of the route that was running on 9th and Larkin streets was moved to Townsend, 7th, McAllister, and Larkin streets. The 19-line daytime service between Fisherman's Wharf and Brannan was also extended to Townsend Street.

Muni Metro service now operates until 1 a.m. every evening, one hour later than before, while the Metro subway is now open at 6 a.m. on Saturdays instead of 8 a.m.

Owl service on the N-Owl (1-5 a.m.) motor coach was extended from the Ferry Terminal to the Caltrain Depot at 4th and King streets via The Embarcadero and King Street.

With track construction between 20th and 23rd streets completed, full Metro streetcar service is again available on the J-Church line.

Nation's Railroads Back on the Track

(NAPS) Two decades ago, railroads were on the verge of collapse. Today, they are safe, efficient and competitive. What put the nation's railroads back on track was the Staggers Rail Act of 1980, which brought about partial railroad deregulation.

The change has been dramatic and a principal beneficiary has been the American consumer:

*Since the Staggers Act was enacted, average rail rates have declined by 57 percent on an inflation-adjusted basis. This has saved American consumers tens of billions of dollars and helped make American industry more competitive in world-wide markets.

*Prior to Staggers, railroads faced a $20 billion capital shortfall, accident rates were soaring and productivity suffered. Since Staggers, railroads have invested $263 billion to improve and maintain infrastructure and equipment. This has resulted in a 66 percent reduction in train accidents and a 171 percent improvement in rail productivity.

*Railroads will need to invest even more in the future just to keep pace with a growing economy. Over the next 20 years, railroads will need to spend more than $360 billion to maintain and improve their infrastructure and equipment.

*Rather than being a drain on the Treasury, railroads are contributing billions of dollars to the economy in the form of wages, retirement benefits, payroll, income and other business taxes. Prior to Staggers, taxpayers were paying an average of one billion dollars a year to keep some railroads afloat.

*Many feel that the railroad industry has excelled in the free market environment and evolved into the cost effective, safe, and competitive means of transporting goods that we know today.

Though the Staggers Act is still working as intended, benefitting customers, consumers, railroad workers and the American economy, some special interest groups advocate new regulatory burdens on railroads. Many feel this would be bad not just for railroads, but also for customers, consumers, and the nation's economy.

Five Keys for You to Interpret Your Dreams

(NAPS) Have you ever awakened and wondered what a dream meant?

According to Mark Thurston, Ph.D., author of "How to Interpret Your Dreams: Practical Techniques Based on the Edgar Cayce Readings" published by the ARE Press, one of the best tools for dream interpretation is to write everything in a "dream journal" within five minutes of waking up. The dream will be fresh in your memory and you'll have a better chance of recalling vivid details. Write with these five guidelines in mind:

1. Theme: What is happening to whom?
2. Emotional context: What is the general feeling you get from the dream?
3. Is the meaning literal or metaphorical?
4. Compare the dream to your present life.
5. Interpret the symbols using a symbol dictionary.

Following these steps will set you on your way to recalling more dreams, deciphering their messages, and applying the messages to your waking life.

For the free booklet "Understanding Your Dreams" or more information, call 1-800-333-4499 or visit the Association for Research and Enlightenment's (A.R.E.) Web site at www.edgarcayce.org.

Screening Tool Help For Seasonal Allergies

(NAPS) A new questionnaire developed by a nationally renowned allergist and clinical investigator in cooperation with Wallace Laboratories may help millions of Americans find out whether their nasal congestion, rhinorrhea, sneezing, and/or postnasal drip are the result of seasonal allergies or a condition called nonallergic vasomotor rhinitis.

While these symptoms typically are associated with seasonal allergic rhinitis, they actually may be attributable to nonallergic vasomotor rhinitis. This condition can be triggered by exposure to strong odors such as perfumes, automotive exhaust fumes and paint fumes, to changes in temperature and humidity, and even to ingestants such as spicy foods or alcoholic beverages.

"Because of similarities in symptoms, nonallergic vasomotor rhinitis can be very difficult to distinguish from allergic rhinitis, and many health professionals aren't as attuned to nonallergic vasomotor rhinitis as they are to allergic rhinitis," according to Phillip Lieberman, MD, a practicing allergist and clinical investigator, who is Clinical Professor of Medicine, Division of Allergy and Immunology, University of Tennessee. "The same way you or I would feel on the third day of a cold is how these people feel every day."

Recently published data (Settipane RA, Settipane GA. "Nonallergic Rhinitis." In: Kaliner MA, Ed. Current Review of Allergic Diseases. Philadelphia, PA:Current Medicine;2000:111.) indicate that more than 50 percent actually suffer from a nonallergic rhinitis component. This information, published in a medical text and a peer-reviewed medical journal, revealed higher than previously believed incidences of nonallergic rhinitis and mixed rhinitis (that is, coexisting allergic rhinitis and nonallergic rhinitis). The higher incidences are significant because these conditions are treated somewhat differently from allergic rhinitis.

Typically, allergic rhinitis patients are given a second-generation oral antihistamine to relieve their symptoms such as runny nose, itchy, watery eyes, and sneezing. However, these medications are not indicated for nonallergic vasomotor rhinitis.

Like many rhinitis sufferers, Michelle suffers from a combination of allergic and nonallergic rhinitis symptoms. "It feels like I have a cold every day with congestion and sneezing," this resident of Memphis explains. "People aren't terribly sympathetic. They just say, 'Oh, you're sick again; it seems like you're always sick.'"

A new screening tool, a one-page questionnaire developed by Dr. Lieberman, in cooperation with Wallace Laboratories, can help determine the type of rhinitis a patient has. The questionnaire helps patients and physicians identify the triggers of the patient's "allergy-like" symptoms, so that avoidance and/or a more effective treatment can be chosen.

Patients should consult their physicians to help determine whether they suffer from seasonal allergic rhinitis, nonallergic vasomotor rhinitis, or a combination of both.

Although second-generation oral antihistamines, such as Allegra, Claritin or Zyrtec, are not FDA-approved for the treatment of nonallergic vasomotor rhinitis, Astelin« (azelastine HCl) Nasal Spray, 137 mcg, a nasal antihistamine with unique properties, has been shown in clinical studies to be effective in treating both seasonal allergic rhinitis and nonallergic vasomotor rhinitis.

Astelin Nasal Spray is approved by the U.S. Food and Drug Administration for the treatment of seasonal allergic rhinitis and for the treatment of nonallergic vasomotor rhinitis.

For more information about Astelin« Nasal Spray, see the full prescribing information for the product. For additional copies of the Patient Rhinitis Questionnaire, please visit www.aboutrhinitis.com or write to Wallace Laboratories at Half Acre Road, PO Box 1001, Cranbury, NJ 08512-0181.

From the DA's Office

DA States Opposition to Death Penalty as Judge Sets Execution Date

San Francisco Superior Court Judge Phillip Moscone on Feb. 6 set the date for Robert Massie's execution – Mar. 27 at San Quentin – at the request of the Califomia Attomey General's office.

S.F. District Attomey Terence Hallinan declined to request an execution date, telling the court:

"In my 35 years of practicing criminal law, I have become convinced that the death penalty does not constitute any more of a deterrent than life without parole, and it has a number of serious disadvantages.

"It prolongs closure from the point of view of the victim's family and friends, resulting in years of appeals, reversals and retrials.

"It greatly increases the resources an already strained criminal justice system must devote to disposition of a case.

"It discriminates racially and financially, being visited mainly on racial minorities and the poor.

"It pieces the consequences of error or mistake beyond redemption.

"And it forfeits the stature and the respect to which our state is entitled by reducing us to a primitive code of retribution.

"When I ran for re-election, I promised the people of San Francisco I would not seek the death penalty during my tenn in office. I have studied my alternatives carefully in this case and it appears to me that my role under the Penal Code is purely ministerial. that I do not have any prosecutorial discretion.

"Section 1227 clearly provides that the appointment of a day for execution may be made either by the District Attomey or by the court on its own motion.

"I therefore believe I am free to follow my conscience and I defer to the court for purposes of setting a day for execution."

Free Brochure Offers Some Tips on Cleaning

(NAPS) According to a recent survey, nearly three-fourths of Americans (70 percent) prepared for the holidays last year by cleaning and dusting their homes thoroughly.

And it's no wonder the survey found Americans spent more than 10 hours-that's one full work day-preparing their homes for the season, when 65 percent of respondents value their homes as treasures.

It's a good thing they did all that cleaning, according to scientist and dust expert Becky Harman, but it doesn't mean their dusting days are over.

"The average home accumulates 40 pounds of dust per year."

She recommends using a Pledge Grab-it to get rid of any dust-bunnies or pet hair that could contribute to the year's build-up. "Simply use Pledge Grab-it on your floors, electronics or to dust off special pieces then throw away the cloth, along with the dirt, dust and hair, when you're finished."

Consumers can find useful strategies for mobilizing the family troops to protect their household treasures from dust in a new brochure from Pledge« Grab-it. Call 1-877-9-GRAB-IT for a free copy of the informative brochure, entitled "How to Win the War Against Dust."

The Pledge« Grab-it, a versatile and electrostatic cloth, attracts dust, dirt and hair like a magnet and traps them in its patented web of fibers. The dry, disposable cloths won't leave a residue and can be used on virtually all hard surfaces-from electronics and fumiture to floors, ceiling fans, mini-blinds and even the car's dashboard-as well as delicate items like frames and knick knacks.

Unlike dry dusting and feather dusting which only scatters dust, Pledge« Grab-itÖ attracts and traps it. Simply wipe any cloth, along with the dust, dirt and hair.

Pledge« Grab-itÖ products are available nationwide in the household cleaning section of supemarkets, drug stores and mass merchandisers.

"Intelligent" Tires for Vehicles in Near Future?

by Warren Holmes

(NAPS) Andreas Esser knows that more and more American drivers are concerned about the safety and reliability of their tires, with all the attention on the tire industry in recent months. But Mr. Esser and his colleagues at Continental Tire North America (CTNA) are addressing those concems with new technology that would have been unimaginable even a few short years ago.

"Most people think of tires as nothing more than commodities that enable a vehicle to move," says Mr. Esser, Vice President, Original Equipment Business Unit and Product Development at CTNA, based in Charlotte, North Carolina. "In the very near future, they will think of tires as monitors, sensors and communicators that give them critical, safety-related information." Executives at his company, part of German-based Continental AG, are convinced the tire is one part of the car whose potential has been largely untapped.

The Intelligent Tire

According to Mr. Esser, with technology now available and innovations on the way, the tire of the near future will be "intelligent," able to gauge its environment, identify potential problems and then communicate with the driver. "The tire of the future will be fully integrated into the chassis system of the vehicle, working together with brakes, steering and other components," he says.

Continental engineers have already given the tire a "voice," an electromagnetic mode of communication that conveys important information about acceleration, breaking and steering. This "talking tire" is one component of the company's Sidewall Torsion Sensor (SWT) system, which uses magnetized rubber and special sensors to monitor the forces transmitted by a moving tire. The SWT, which has already demonstrated its effectiveness in a prototype car, promises to help drivers achieve better control, detect brake defects and other benefits.

Continental is now working to integrate the SWT into currently available technology developed by Continental-Teves, a leader in brake and chassis engineering: the Electronic Stability Program (ESP), which senses unstable driving conditions and makes corrections automatically. The company anticipates the SWT will be on the market in the U.S. within the next four years.

Will the Flat Tire Be a Thing of the Past? An "intelligent tire" is also able to minimize the chances of tire failure. The most frequent cause of tire failure-and a contributor to many accidents-is the gradual loss of air that goes unnoticed by the driver. Two different systems from Continental detect slow leaks of this kind and let the driver know about it.

The Tire Pressure Monitoring System (TPMS) does this with pressure sensors, wireless data transmission and an electronic control unit. The Deflation Detection System (DDS), which is currently available in Europe, relies on sensors integrated into Continental's anti-lock brakes system.

With an eye on the future, researchers at Continental are also exploring ways to make the tire even smarter-including a sensor based on changes in the tread pattem, chemicals that allow the tire itself to adapt to driving conditions and other innovations. If you want more information about the latest in tire technology, check out the company's Web site (http://www. conti-online.com).

Are You Befuddled by Investment Costs?

(NAPS) More Americans are investing in stocks or stock mutual funds than ever before. And all across the country they have access to more investment information than ever before. From television channels devoted to finance and investing to round-the-clock Internet access to corporate annual reports, information is just a flick of the wrist-or a click of the mouse-away.

This data explosion has produced two kinds of investors: the hardy go-it-aloners who thrive on processing information themselves, and the roughly three-out-of-four investors who choose to pay a financial advisor to guide them through the information thicket.

Typically, investors use a broker, a registered investment advisor, or a financial planner to help them choose investments matched to their preferences and needs. And just as you pay any other professional for his or her expertise-from your doctor to your tax-preparer-so, too, do investors pay financial advisors for the knowledge they bring to investing. Payment methods include a sales charge, a fee, or a combination of payment options.

While this range of choice does allow investors to match type of advisor and payment method to their particular situation, it can also be confusing. Mutual fund publication Momingstar's chief of research noted recently that "Investors remain befuddled by costs."

A new booklet from the nonprofit organization Forum for Investor Advice is designed to help clear up the confusion. Written in down-to-earth language, it walks investors through basic payment options. The booklet uses four hypothetical investors, each with differing goals and timeframe, to illustrate why they may prefer a particular payment method.

A free copy of the booklet, Sorting It Out: Payment Options for Financial Advice, is available from the Forum for Investor Advice by calling 1-800-200-1819. The booklet can also be found on the Forum's Web site at www.investoradvice.org.

Top Items in Fridge Yield Meal Solutions

(NAPS) There's a surprise in your refrigerator. No, it's not last summer's potato salad! It's more likely to be everything you need to put mouthwatering meals on the table even when time and culinary inspiration are in short supply.

The experts at Meals.com (www.meals.com), an online meal planning and recipe resource, report that the most commonly stocked items in America's fridge can yield literally thousands of meal solutions. That means you can reduce your time in the kitchen and cut last-minute trips to the grocery store simply by making the most of what you already have on hand-including leftovers.

So what are the top ingredients? Meals.com recently conducted a survey of more than 1,000 women across the United States that revealed most refrigerators have these items in common: milk, butter or margarine, eggs, cheese, lettuce and poultry.

Meals.com cross-matched these items with key ingredients from its 10,000-recipe database and discovered enough menu plans to keep a busy cook and family happy for weeks.

How does Fajitas from the Fridge sound? It requires a minimum amount of preparation because it uses cooked chicken and just about any combination of vegetables and cheese that you have on hand.

Looking for other simple meal planning tips? The experts at Meals.com have the following ideas:

*Transform leftovers into enticing encores. A roast chicken can be served hot one night, then tossed with pasta salad the next.

*Plan your meals ahead of time and prepare a few variations at once.

*Double the recipe whenever possible and freeze the leftovers for another day.

*Share favorite recipe ideas with family and friends using an online cookbook such as Meals.com's Shared Recipe Box.

So the next time you find yourself short on time, ideas or both, look to your fridge-and to the Web for inspiration from www.meals.com.

Fajitas from the Fridge

3 cups sliced, cooked chicken breast; 4 flour tortillas; 1 cup shredded cheese; 2 cups shredded lettuce; 1 onion, sliced; ½ red bell pepper, sliced; ½ green bell pepper, sliced; 1 lime, quartered

Spread chicken evenly over tortillas. Sprinkle cheese on top of chicken. Layer lettuce and onion on top of cheese. Top with sliced peppers. Squeeze 1 lime quarter over each fajita. Roll tortilla closed. Makes 4 servings.

Tip: Your refrigerator is the limit for gamishes-try sour cream, pickled jalapenos, olives or salsa.

Don't Blackout Safety During the Energy Crisis

AAA wants consumers to be safe during the Califomia energy crisis, and during periods of rolling blackouts.

"We rely on electricity to do everything from heating our home, to operating traffic signals," said Bronwyn Hogan, AAA spokeswoman. "When the electricity fails, we cannot fail to be extra courteous, and extra-cautious."

AAA suggests these power outage tips:

*Drive carefully! If traffic signals are not operating, consider each intersection to be a four-way stop.

*Walk smart! If you are a pedestrian, be extra alert. Drivers may be paying artention to the imposed four-way stops, or may not be able to see you in the darkened crosswalks.

*Keep a cellular phone charged. In the event of an emergency, you might need to call 911, and all other phones might not be functioning.

*Use flashlights instead of candles! Don't risk starting a fire that could destroy your home and harm your family. Stock fresh batteries.

*Avoid keeping the refrigerator door open for prolonged periods. Food inside should stay cold for hours if the door is left closed. If your food spoils, contact your insurance company. Many homeowners policies cover food spoilage due to power outages.

ST. JAMES PRESBYTERIAN CHURCH

240 Leland Ave., San Francisco, CA 94134
The Rev. Dr. Jerry O. Resus, Minister

Church School Classes: 9:15 a.m.
Sunday Worship Service: 10:30 a.m.
Wednesday Bible Study: 11:00 a.m.
Friday Bible Fellowship: 7:30 p.m.
Saturday Choir Rehersal: 10:00 a.m.

You are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

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Visitacion Valley Community Center Senior Program

Funded by the S.F. Commission on the Aging

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Holiday Celebrations	Sewing
Holiday Crafts	Blood Pressure
Senior Council	Ceramics
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Visitacion Valley Dental Office
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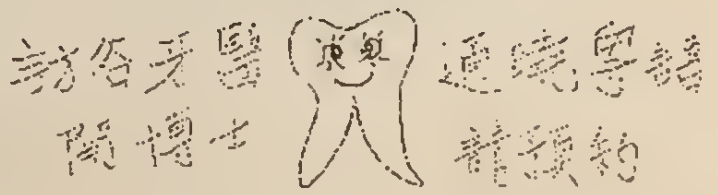

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Book Reviews

Perfect Gift for Runners

When a gift idea hits, run with it. Making that easier is the arrival of a moving collection of short, inspiring accounts of the support and camaraderie that runners share. The book, Running For The Soul (Road Runner Sports, $19.99), edited by Claudia Piepenberg, is filled with stories of how people's determination to run has affected their determination to live.

Critics report that these wide-ranging stories will uplift and rekindle the runner's spirit. Like the tale of a former alcoholic and drug addict who turned his life around and became an ultra-runner despite the challenges of fighting cancer. Or, the middle-aged woman who saw the words "morbidly obese" on her medical records and made a complete change in her life, becoming a triathlete.

"Although each runner trains for a different reason, all runners need to hear about these outstanding real-life stories," says Piepenberg. "We reinforce our goals-and each other-by sharing these successes."

Running for the Soul is available at Roadrunnersports.com or through Amazon.com.

Do Your Investments Match Your Values?

Thousands of people strive to live out their values each day in their careers, home life and among family and friends. Yet under the guise of corporate stability in the investment world, these same people often unwittingly invest in companies that produce products or support causes that run contrary to these beliefs.

Today, a growing number of people are investing with their values in mind. Known as social or values-based investing, this approach now accounts for $2.6 trillion or 13 percent of all money invested in the United States.

But how do you begin to align your investments with your values? Fortunately, Stephen Bolt, a leading authority on financial planning for the socially conscious, offers much needed advice for the average investor in his new book Money For Life (Values Financial Network, $20.00).

Bolt describes how to invest with a purpose, how to choose a financial planner who uses a values-based system and how to select investments that both reflect your values and are profitable.

Bolt is President and CEO of Shepherd Financial Services and Executive Director of Values Financial Network, the resource center for values-conscious financial service professionals.

You can learn more about values-based financing or order Money For Life at www.vfn.net.

"What if" History

What if Washington hadn't crossed the Delaware? If Lee had joined the Union Army? If the Red Sox had never traded Babe Ruth to the Yankees?

Sound like too much to contemplate? Not for Steve Tally, popular historian and author of an intriguing new book, Almost America, From the Colonists to Clinton: A "What If " History of the U.S. (Quill, $14).

The book unravels the threads of our nation's history and shows what might have been. For more information, visit www.almost america.com. Almost America is available in local bookstores, or can be ordered online at www. harpercollins.com.

Progress Against Pain

(NAPS) Although studies show one fifth of the population is in pain at any given time, one expert says every suffering person can be helped in some way.

In his new book, The War On Pain (HarperCollins, $14.00), Dr. Scott Fishman, Chief of the Division of Pain Medicine at the University of California, uncovers what he considers the root of all types of pain. He then uses an integrative mind-body approach combining state-of-the-art medical treatments and a wide range of cognitive and alternative therapies to relieve suffering.

Through the personal journeys of real patients, readers can learn about the anatomy of pain and explore its pathways through the body and mind. Readers can also explore the full range of pain-fighting techniques that get results, from surgical nerve blocks to acupuncture, from common analgesics to opioids, from psychiatric drugs to cognitive behavioral therapies.

The War On Pain can be found at local book stores. (NAPS)

Annoying Phrases: When Good Slogans Go Bad

(NAPS) Slogans that once seemed like clever turns of phrase, if overused, can quickly become quite irritating, leading to disparaging looks and remarks if the words are ever uttered again.

As in years past, 2000 was full of phrases that seemed the epitome of trendy pop culture in January but by the fall had become as commonplace as another episode of "Who Wants to be a Millionaire."

As part of the launch of the new Snickers Cruncher candy bar, the M&M/Mars company arranged for a national poll by Yankelovich Partners to determine the "Phrases of 2000 That Make Americans Want to Crunch Something." The final votes are now in and no recounts are scheduled.

America has cast its votes (no punchcards allowed this time) and the "winners" of this dubious distinction are (listed in no particular order, as the results were too close to call): Y2K Bug; The Millennium; I would like a recount/revote; Who is the President? Who won the election?; Whazzup?; Whatever; Who let the dogs out?; Dot-com; The world is coming to an end; Is that your final answer?

By now, most consumers want to crunch something whenever they hear any of these phrases, and that's where the Snickers Cruncher comes in. The new confection is a puffed rice version of the popular candy bar that's packed with peanuts, chocolate and caramel.

"The purpose of this national poll was to have some fun and build on the 'crunch factor' of our new Snickers Cruncher," said Scott Hudler, Brand Communications Manager for M&M/Mars. "The fact that our new candy bar is hitting the shelves at the same time of year when people tend to look back at the past year presented a great opportunity to get a sense of some of the phrases of 2000 that make people want to crunch something."

Spelling Bee Champions at VVES

Spelling Bee champions at Visitacion Valley Elementary School (VVES) for 2001 are: Brandon Oloa (2nd grade); Jennifer Luong (3rd grade); Raymond Yu (4th grade); and Samantha Nguyen (5th grade) who became the school-wide champion.

City College Purchases Evans Campus Site

City College of San Francisco recently announced its successful purchase of the building and land at 1400 Evans Avenue for $6.1 million.

In addition, the college anticipates spending up to $2 million in seismic upgrades.

"Evans is City College of San Francisco's newest campus," said Phyllis McGuire, Associate Vice Chancellor of Workforce and Economic Development.

"We opened in 1994 with 300 students. As of this year, we have well over 2,000 students attending classes in our credit and non-credit programs."

McGuire noted that the majority of students at the Evans campus, which first opened in 1994, attend evening and weekend classes.

"The goal of our program is to be flexible and responsive in the way in which we deliver education and training as well as partner with other community groups to ensure the success of our students," she said.".

Spending Quadruples for U.S. Prison System

A U.S. Justice Department report shows that U.S. prison spending quadrupled in the past two decades, along with the rate of incarceration, *Youth Crime Alert* reported in its February issue.

According to the report, the United States spends $40 billion a year on federal, state and local prison construction and operation. For state prisons alone, spending increased from $6.8 billion in 1984 to $22 billion in 1996.

At the same time, a Sentencing Project report shows that the United States surpassed Russia as the world leader in rate of incarceration last year.

According to the Sentencing Project report, the majority of U.S. inmates are in prison for nonviolent offenses, while 48 percent of state offenders are imprisoned for violent offenses. In addition, 12 percent of inmates are in federal prisons. *Join Together Online*

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Bill Would Provide $225 Million for Caltrain and Highway 101 Projects

State Senator Jackie Speier (D-San Francisco) on Feb. 6 introduced a bill to provide $225 million in funding for Caltrain and local highway projects.

Senate Bill 180 would earmark $150 million for Caltrain and $75 million to build auxilary lanes on Highway 101. State Senator Byron Sher (D-Palo Alto) is a joint author of the bill.

"We have severe transportation problems throughout the three-county commute corridor of San Francisco, San Mateo and Santa Clara," explained Speier. "Grade separations, safety improvements, and shuttle service need to grow with expected expansions in Caltrain service."

Much of the money in SB 180 is expected to be matched by local funds already set aside for Caltrain and highway improvements, a factor that will help the bill make its way through the legislative process.

Matching Funds

Approximately $95 million of the Caltrain funding in SB 180 is expected to be matched dollar-for-dollar by existing Caltrain funds, with the combined total of $190 million used for grade separations along the Caltrain right-of-way, enough money to separate approximately six to eight major streets crossing the Caltrain right-of-way.

The bill also provides $75 million for the San Mateo County Transportation Authority to complete needed auxiliary lanes along Highway 101, and is expected to be matched by $75 million already set aside for these lanes by the Transportation Authority. Auxiliary lanes provide an additional lanes between interchanges in each direction to improve the traffic flow/weave onto and off Highway 101.

It is expected that $9 million from SB 180 would be used for shuttle busses or other systems of conveyance to get riders from stations to work, assuming an equal share of local matching funds and a commitment to keep shuttle service in effect for five years.

Safety Money

It is expected that SB 180 would also provide approximately $46 million for safety improvements that Caltrain would like to install along its right-of way. According to Caltrain, in the year 2000, 17 people were killed along the right-of-way with 10 deaths ruled accidents. The money in SB 180 would include funding for fencing, pedestrian undercrossings, signs and other improvements. No matching local money would be required from Caltrain.

Survey Shows Car Buyers Use Internet Information

(NAPS) The atmosphere for car buyers has taken a turn for the better. Savvy car buyers have taken to the Internet. Almost half of all new car and truck buyers use the Internet first to do their homework. But they still view dealers as the best source of information for making smart decisions, according to a new survey conducted by the Gallup Organization on behalf of Automotive Retailing Today.

As a result, new vehicle buyers are more informed than ever before. By the time they set foot on the showroom floor, they have a very good idea of what they want and how much they are prepared to pay. "That's good news for everybody," says John Peterson, Chairman of Automotive Retailing Today.

Common Sense Ideas About Doing Laundry

(NAPS) Using a little common sense in the laundry room can lead to some big timesavers.

Here are some helpful suggestions from experts:

*Like everything else in life, laundry works best with a little preparation. Remember to separate dark colors from light colors and whites. Sort delicate fabrics from heavier ones and keep lint-producing fabrics separate.

*A good rule to follow when doing laundry is to turn on the washer before you add the dirty clothes. Then add detergent. When the basket is about 1/4 full with water, start adding dirty clothes.

*Remember not to overload or cram the washer!.

*A new way to do laundry has been introduced by the leading brand in the laundry category. Called Tide Rapid Action Tablets, they are reported to be the first laundry detergent tablets to release a burst of effervescent energy as soon as they hit the water. The tablets have a unique water activated coating that enables them to begin dissolving when they enter into water to get right to work cleaning your clothes.

*Remember, wash water temperature directly affects cleaning and wrinkling. Proper choice of water temperature can also minimize dye transfer from unstable colors. Check your garment care labels for recommended wash temperature. If care label advice isn't available a good guide to follow is: hot water for whites, warm water for permanent press and all colorfast dark or bright colors, and cold water for bright red and orange clothes.

* Here's a final tip and a little known fact: It helps to take your clothes out of the washing machine as soon as the cycle is over to avoid wrinkling.

"Little Vis" Students on the Move

Visitacion Valley Elementary School's (VVES) kickball team, the "Rising Stars," tied El Dorado Elementary last fall 1-to-1.

Ms. Dare's Kindergarten English Plus Chinese class performed a traditional dragon dance on stage during Lunar New Year Assemblies held in joint celebration with Black History Month on Feb. 16. The events at VVES were very well-attended by parents.

Homemade Banana Bread a Delicious Trest to Warm Heart and Home

(NAPS) Nothing adds a more inviting feeling to your home than the aroma of banana bread baking in your oven.

This much-loved aroma is known for conjuring up nostalgic images of family, happiness and love.

In fact, the only thing more tantalizing than the aroma is the irresistible taste of a warm slice of banana bread.

For a new twist on this classic recipe, add Post Selects Banana Nut Crunch cereal to the banana bread batter. In addition to enhancing the banana flavor, the cereal adds both texture and a creative touch to the delicious loaf.

Double Banana Bread

Prep: 10 minutes

Bake: 65 minutes plus cooling

1- ½ cups flour; ½ cup sugar; 2 tsp. baking powder; ½ tsp. baking soda; ½ tsp. salt; 2 eggs; 1- ½ cups mashed ripe bananas (2 to 3 bananas); 1/4 cup oil; 1/4 cup water; 1- ½ cups Post Selects Banana Nut Crunch Cereal; 1 cup chopped walnuts (optional).

Heat oven to 350 F.

Mix flour, sugar, baking powder, baking soda and salt in large bowl. Beat eggs in small bowl; stir in bananas, oil and water. Add to flour mixture; stir just until moistened. (Batter will be lumpy.)

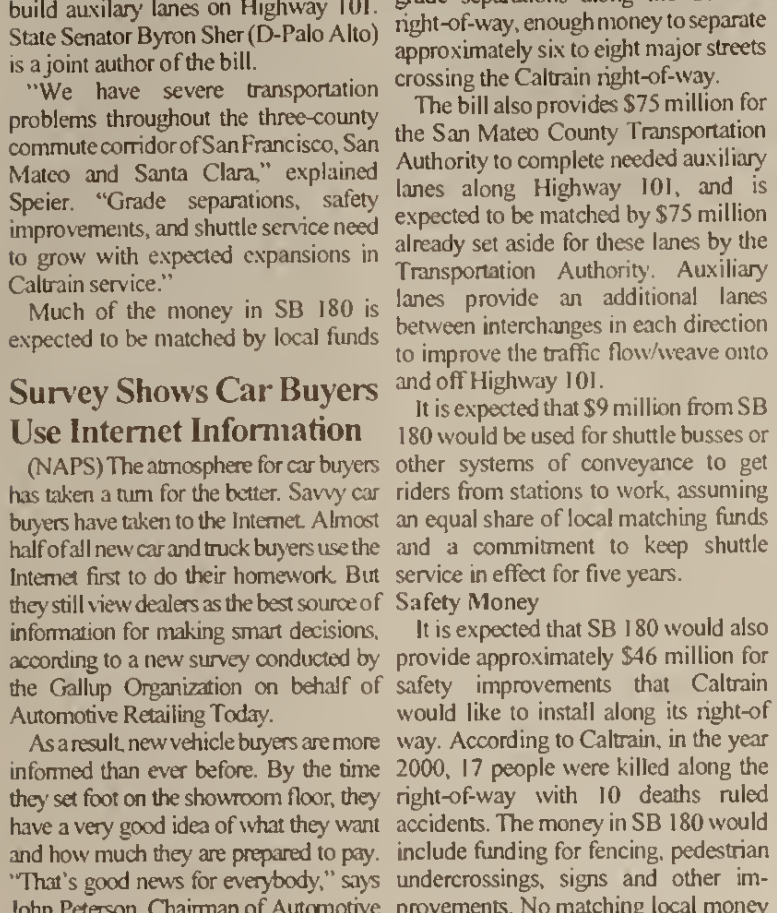
Stir in cereal and walnuts. Pour into greased 9x5-inch loaf pan.

Bake 55 to 65 minutes or until toothpick inserted in center comes out clean.

Cool 10 minutes; remove from pan. Cool completely on wire rack. Makes 18 (½ -inch) slices.

Note: For easier slicing, wrap bread and store overnight.

Santa Came Twice to VVES in 2000



Santa delivered toys to 4th and 5th graders at Visitacion Valley Elementary School (VVES) during the holiday season donated by "Operation Dream" of the San Francisco Police Department. Posing with VVES 1st graders are (l-r) SFPD Officer Kaleva, SB6S Orc D. Merling and Santa.

Raymond Fisher-Chavez (left) and Jovante Taylor (right) of the Kindergarten class at VVES enjoyed getting their pictures taken with Santa in the S.F. Fire Department'Santa's Trailer. Santa brought gifts to all Kindergarten through 3rd graders. Thanks are extended to Mrs. John Voelker, Jennifer Harrison Ryan Smith and the firefighters of S.F. and Visitacion Valley.

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Here's is your chance to receive formal training, financial support, City College tuitions, books and job placement assistance, at no cost to you. JVS, VVJET, UCSF, and City College of San Francisco have developed a full time program that will provide you with the training necessary to help you build a career with excellent income, benefits, and advancement opportunities.

Orientation meetings will be held at the dates and times listed below for the HealthTech training program. The orientations will describe in detail all of the benefits the students will receive. All meetings will be held at VVJET, 333 Schwerin Street, San Francisco.

Orientation Dates:	Dates	Day	Time
	3/20	Tuesday	5:00pm
	3/29	Thursday	1:00pm
	4/3	Tuesday	5:00pm

If you would like to attend an orientation or have any questions please contact Tyrell Jackson at (415) 782-6229.

This Program is offered through funding received from the William and Flora Hewlett Foundation

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Grapevine Puzzler — State Birds

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W T N A S A E H P P E L I C A N T C L D
I M H T N W O R B N R E T S A E Y I Y T
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U R A N S R N D R K O I E A N A A U E S
P D E N E L O I R O C Q N L I L C Q S H

Yellowhammer	Thrasher	Baltimore	Red
Willow	Hawaiian	Oriole	Carolina
Plarmigan	Goose	Robin	Wren
Cactus Wren	Mountain	Common	Chinese
Mockingbird	Bluebird	Loon	Ring-Necked
California	Cardinal	Bluebird	Pheasant
Valley	Eastern	Purple Finch	Seagull
Quail	Goldfinch	Roadrunner	Hermit
Lark Bunting	Western	Scissor-Tailed	Thrush
American	Meadowlark	Flycatcher	Willow
Robin	Eastern	Ruffled	Goldfinch
Blue Hen	Brown	Grouse	Meadowlark
Chicken	Pelican	Rhode	Wood
Brown	Chickadee	Island	Thrush

Historic Proportions

Match clues to answers.

1995

1. He announced his candidacy for President on Apr. 10.
2. Thousands participate Oct. 16 in Washington, D.C. rally.
3. U.S. opened diplomatic relations with this country in July.
4. Found not guilty Oct. 3 in the most talked-about trial of modern times.
5. They won their first NHL Stanley Cup on June 24.
6. Newspaper published manifesto on Sept. 19 by notorious individual.
7. U.S. shuttle Atlantis docked here on June 29.
8. Winners of the World Series on Oct. 28.
9. U.S. trade embargo eased against this country on Jan. 20.
10. Bitter strike finally ends on Apr. 2.
11. A bomb exploded outside a federal office building here on Apr. 19.
12. They became NBA champs in a four-game sweep of the finals.
13. Winners of Super Bowl XXIX on Jan. 29.
14. Reform bills passed by Congress in December.
15. Earthquake on Jan.17 killed 5,000.
16. Federal law repealed on Nov. 28.
17. On Sept. 6 he became the new "Iron Man" of baseball.
18. They won the NCAA Basketball title on Apr. 3.

A. Welfare
B. San Francisco 49ers.
C. Major League Baseball
D. Kobe, Japan
E. Houston Rockets
F. Million Man March
G. Oklahoma City
H. Unabomber
I. Cal Ripken, Jr.
J. O.J. Simpson
K. 55-mile speed limit
L. Mir Space Station
M. UCLA
N. New Jersey Devils
O. Sen. Bob Dole
P. Vietnam
Q. North Korea
R. Atlanta Braves

Answers: 1-O; 2-F; 3-P; 4-J; 5-N; 6-H; 7-L; 8-R; 9-Q; 10-C; 11-G; 12-E; 13-B; 14-A; 15-D; 16-K; 17-I; 18-M.

Sez Who?

Match quotes to speakers.

1. "No great artist sees things as they really are. If he did he would cease to be an artist."
2. "The debt we owe to the play of imagination is incalculable."
3. "Procrastination is the art of keeping up with yesterday."
4. "Nothing in life is so exhilarating as to be shot at without result."
5. "It isn't the mountain that wears you out – it's the grain of sand in your shoe."
6. "Dogs aren't assets to candidates, and the feeling seems to be engendered that if a dog loves the candidate, he can't be all that bad."
7. "The two foes of human happiness are pain and boredom."
8. "Success is doing a thousand little things the right way – over and over again."
9. "All great art is the work of the whole living creature, body and soul, and chiefly of the soul."

A. Don Marquis
B. Robert Service
C. Arthur Schopenhauer
D. Carl Jung
E. Charles R. Walgreen
F. Winston Churchill
G. John Ruskin
H. Dick Gregory
I. Oscar Wilde

Answers: 1-I; 2-D; 3-A; 4-F; 5-B; 6-H; 7-C; 8-E; 9-G.

New Battery Drop-Off Program at Wallgreens

Beginning Apr. 1, a joint-effort between the San Francisco Recycling Program and Walgreens will have containers to accept household batteries for recycling at every store in the City.

This program will help keep harmful components such as cadmium – common in many batteries – out of landfill.

Only household batteries will be accepted, **not** car batteries. For more information, call 554-1652.

Sump, the Grump

Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro).All ages are welcome; under 8 must be accompanied by an adult. Museum admission is free with $3 per person workshop fee (except where noted). Call 554-9600 for further information.

*Mar. 3: Hop in and make your own *Fuzzy Bunnies*..

*Mar. 10 Learn to make *Ribbon Sticks*.

*Mar. 17: Create a *St. Patty's Day Good Luck Charm*.

*Mar. 24: Build a *Wooden Train*.

*Mar. 31: Make sunny *Flower Bouquets*.

Other regular Saturday activities include:

*Drop-in Family Ceramic Workshop from 10-11:15 a.m.

*Golden Gate Model Railroad Exhibit from 11 a.m. to 4 p.m.

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

As a Matter of Fact

*Although both the Democratic and Republican parties wanted him for a candidate, Dwight D. Eisenhower refused to run twice before agreeing. He did not believe a full-time professional soldier should be president.

*Dendrology is the study of trees.

*Before King George IV of England ordered a set of boots made to fit each of his feet, shoes were designed to be worn on either foot.

*Though Charles Lindbergh's solo flight is more well-known, the first nonstop, transatlantic flight, from Newfoundland to Ireland was actually accomplished in 1919 by pilot John William Alcock and navigator Arthur W. Brown.

*The U.S. Department of Agriculture reports that the average American eats 8.5 pounds of pickles a year.

*The average newborn will double its weight in six months.

*California is the only U.S. state that produces raisins commercially.

*The earliest known vending machine was a device that dispensed holy water in a Greek temple in Alexandria, Egypt in the 200s BC.

*A domestic cat can run 30 miles an hour, beating the fastest human, who reached 27.89 mph.

*The first animal to receive star billing in a movie was a German Shepherd dog whose screen name was Strongheart. He appeared in *The Silent Call* in 1921.

*Italian calligrapher Ludovico degli Arrighi created the first penmanship manual for popular use, *La operina da impararare di scrivere littera cancellarescha*, in 1522.

*Adrian VI, who reigned from 1522 to 1523, was the only Dutch Pope. He was born Adrian Florensz Boeyens.

*Construction on the Tower of London began in 1078 AD In its lifetime, the building has housed a zoo, an observatory, a mint, a prison, a royal palace and the crown jewels.

*In Britain and some parts of France, black cats are considered lucky.

*Famed French painter Maurice Utrillo based many of his works on picture postcards.

*The Roman Emperor Augustus, it's said, was so afraid of thunder he would hide in a closet whenever a thunderstorm came up.

*Abigail Fillmore, First Lady of President Millard Fillmore, created a stir by installing a bathtub in the White House.

*On October 22, 1892, Bumpus Jones of the Cincinnati Red Legs threw a no-hitter, beating the Pittsburgh Pirates. 7-1. It was his first major league game.

*In 1713, sledding was forbidden in New York City. Officials were ordered to confiscate any sleighing devices and "break them to pieces."

*In 1904, German-American inventor Emile Berliner created the flat disk form of the phonograph, which was adopted as standard.

*When President Harding died, Calvin Coolidge became President. The oath of office was administered in the middle of the night by his father, a notary public.

Motor Mind

by Mitch Kudler

Dear Mitch: I just purchased a 1997 Chevy Tahoe. Is the manufacturer's warranty still in effect? Is there a way to extend the factory warranty? -Nick B.

Answer: Nick, nice choice of vehicles. The Tahoe is a winner. Your Tahoe has a three-year/ 36,000-mile bumper-to-bumper factory warranty, which started on the day the original owner purchased it. This means the factory warranty has probably expired or soon will. Unfortunately, there is no way to extend the GM warranty at this point. The good news is, if you bought the vehicle from a dealer, they should be able to sell you their own "after market" extended warranty.

Dear Mitch: I have a 1996 Chevy Cavalier with the squeakiest brakes in town. Can I fix it myself? I'm tired of people pointing and laughing at me whenever I pull up to a stoplight. -Elena T.

Answer: You're right, Elena; noisy brakes are annoying and embarrassing. You could fix the brakes yourself, but if you're a novice, it will take many hours and require expensive equipment. I don't recommend it. Why use your own car as a guinea pig while you learn? Most tire stores have specials on brake inspection at no charge. Take advantage of this and have them tell you why your brakes are noisy. Be aware that they are in the business to sell repairs so make sure that they give you written measurements and compare them to factory specifications (available at www.Raybestos.com) before agreeing to any repairs.

Dear Mitch: Why does my 1999 Lexus RX 300 die sometimes when I come to a complete stop? Sometimes it stalls when it has been idling too long. I borrowed from my retirement savings to pay for this luxury SUV, so I really want to know what is going on with it. -Brooke L.

Answer: Your problem could be as simple as the octane of the fuel you're buying. It could also be as complex as the transmission staying in overdrive when you come to a stop. Since your vehicle is a 1999, it is probably still covered under the factory warranty. Take it to your local Lexus dealer and have them look at it thoroughly.

Dear Mitch: I have a 1997 Ford Contour with a 2.0L Zetec engine and automatic transmission. My steering wheel vibrates excessively when I'm stopped at a light with the transmission in drive and my foot on the brake. When this happens, the tachometer shows approximately 500 rpms. I've had it into the dealer and he says he can't do anything about it. He has tried new engine mounts but they didn't help. What gives? -Jani B.

Answer: I hate to be the bearer of bad news, but vibrating Contours are pretty common. Before you resign yourself to a life of shaking while driving, ask your mechanic to install what we call a flight recorder. Named after the black boxes made famous in airplanes, this device will record the reading on your vehicle when the vibrating happens. Your mechanic can look at the results on his diagnostic equipment. If this fails, just say the vibrating is a luxury massage feature on your Contour and watch your friends turn green with envy.

Dear Mitch: How do I find maintenance and repair records on my 1996 BMW 318i convertible that I just purchased? -Holly A.

Answer: I assume the person you bought it from didn't have these records, so I hope you trust the seller enough to know that he or she didn't stick you with a lemon. This is always a risk when buying a vehicle from anybody but a well-respected dealer or company. My lecture aside, finding the complete records for your vehicle will be next to impossible. Try taking it to your nearest BMW dealer and through the VIN number, they should be able to tell you what work other BMW dealers have done to it. Also, run your VIN through the Carfax (www.car fax.com) or AutoCheck (www.auto check.com) services to see if your beemer has been in any major accidents or is a salvage vehicle.

Dear Mitch: Recently I started to test gas mileage on my 1998 Dodge Ram. I found that I am only getting about 15 miles per gallon-which explains why I seem to spend all of my time at the service station gassing up. Is the mileage supposed to be this low? -Kevin C.

Answer: You want to be cool in your big truck, have a powerful V-8 engine, AND get great mileage? Fifteen mpg is as good as it gets. Count yourself lucky; a comparable truck from other manufacturers gets 13 to 14 mpg.

Dear Mitch: Should I disable my air bag? My wife is only 100 pounds and often sits in the front seat of our car. -Ian M.

Answer: This is one of the toughest questions I get. Disabling air bags are a very personal choice and involves weighing which risks you are more comfortable with. In some cases, like a low-speed collision, your wife may fair better if the air bag is disconnected. In major accidents, though, the air bag could prevent serious injury. According to the U.S. National Highway Traffic Safety Administration (NHTSA), air bags have saved over 2,600 lives. The NHTSA has a good brochure on their Web site (www.nhtsa.dot.gov/airbags) to help you consider the pros and cons. The same site can also provide you with a list of dealers and mechanics that install on/off switches for air bags.

Dear Mitch: I just purchased a new vehicle and my salesman wasn't able to answer all of my questions. Does my bumper-to-bumper warranty cover maintenance? Does the factory warranty cover dealer add-ons? Would suspension damage be covered by my factory warranty? What does roadside assistance cover, and is there a charge each time you use it? -Libby B.

Answer: Generally the factory warranty doesn't cover maintenance (items such as brakes, clutches, fluid and filter changes). Dealer add-ons are usually not covered unless they are designed and made by the vehicle's manufacturer. If your off-road adventures take a wrong turn, suspension damage would not be covered by the warranty (but it might be under your insurance policy).If your roadside assistance is underwritten by one of the major players in the field, like AAA, then there should be no charge for standard breakdown help or short-distance towing.

Questions about car buying or repair can be e-mailed to Mitch@iMotors.com. For more information about buying a used vehicle, call toll-free 1-888-IMOTORS (1-888-466-8677) or visit www.imotors.com. (NAPS)

SLUG Offers Free Composting Workshop

Join the San Francisco League of Urban Gardeners (SLUG) on Mar. 3 and learn how to turn your kitchen scraps into rich soil for your plants while learning about basic and worm composting. Come to this free workshop at the Garden for the Environment, 7th Avenue and Lawton Street, from 10 a.m. to 12 noon. For more information, call 285-7584.

Five Years Ago In the Grapevine

MARCH 1996

*Many Visitacion Valley residents and merchants joined other concerned San Franciscans as the City's newly appointed Police Commission held a meeting Feb. 28 in the auditorium of Martin Luther King, Jr. Middle School.

*Architects met with the public at Visitacion Valley Middle School (VVMS) on Feb. 17 to discuss proposed construction of more than 90 units of housing on a large vacant site along Sunnydale Avenue at the end of Britton and Loehr streets.

*Visitacion Valley Task Force members held two additional subcommittee meetings in addition to their regular agenda on Feb. 24.

*Visitacion Valley's Neighborhood Collaborative continued work to have a Beacon Center located at VVMS.

*A second meeting of the Southeast Communities - Norcal - City Agencies Forum concerning the proposed expansion of the Hazardous waste Facility on Tunnel Avenue was scheduled for Mar. 7.

Visitacion Valley Police Log

*Jan. 12: 3 p.m., 1500 block of Sunnydale Ave., burglary of residence, forcible entry.

*Jan. 12: 7 p.m., 100 block of Brookdale Ave., burglary of apartment house, forcible entry.

*Jan. 15: 9:30 a.m., 100 block of Brookdale Ave., burglary of residence, forcible entry.

*Jan. 16: 9 a.m., 300 block of Schwerin St., grand theft from building.

*Jan. 18; 6:10 a.m., Tunnel Ave. and Bayshore Blvd., grand theft from locked auto.

*Jan. 18: 1 p.m., 3500 block of San Bruno Ave., burglary of residence, unlawful entry.

*Jan. 22: 1:30 p.m., 000 block of Santos St., burglary of residence, forcible entry.

*Jan. 25: 8:45 a.m., 000 block of Raymond Ave., burglary of residence, forcible entry.

*Jan. 27: 11 a.m., Santos St. and Geneva Ave., grand theft from locked auto.

*Jan. 29: 3 p.m., 000 block of Blythedale Ave., burglary of apartment house, forcible entry.

*Jan. 29: 6 p.m., 000 block of Blythedale Ave., burglary of apartment house, forcible entry.

*Jan. 29: 9:20 p.m., Campbell and San Bruno Aves., grand theft from locked auto.

*Jan. 31: 8 a.m., 1899 block of Sunnydale Ave., burglary of resident, forcible entry.

*Jan. 31: 10:30 a.m., 200 block of Hahn St., burglary of residence, unlawful entry.

*Jan. 31: 9:05 p.m.; 1000 block of Brussels St., aggravated assault with deadly weapon.

*Feb. 1: 11 a.m. 100 block of Blythedale Ave., aggravated assault with bodily

*Feb. 2: 7 p.m., 000 block of Garrison Ave., burglary of residence, forcible entry.

*Feb. 5: 3:30 a.m., 100 block of Blythedale Ave., carjacking with bodily force.

*Feb. 5: 7:15 a.m., 000 block of Alder St., burglary of residence, attempted forcible entry.

*Feb. 5: 11 a.m., 000 block of Teddy Ave., burglary of residence, unlawful entry.

March 2001

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
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San Francisco City Meetings

Aging 1st Wed 9:30a; Airport 1st/3rd Tu 3p; Arts 1st Mon 3p; Education 2 nd/4th Tu 7p; Health 1st/3rd Tu 3p; Housing Auth. 2nd/4th Th 4p; Human Rights 1st/3rd Th 4:30p; Library 1st Tu 5:30p; Planning Th 1:30p; Police Wed 5:30p; Port 1st Tu/3rd Wed 4:30p; Public Utilities 2nd/4th Tu 2p; Rec & Park 3rd Th 2p; Social Services 4th Th 9a; Status Women 4th Th 4p; Supervisors Mon 2p

Visitacion Valley Community Center

Mondays: Senior Shopping 11:30 a.m.; Tuesdays: Senior Ceramics 9:30 a.m-4 p.m., Senior Bingo 12:30 p.m.; **Thursdays:** Sewing Class 9 a.m.-3 p.m. **USDA Food Distribution Day** is last Thursday of every month.

San Francisco City Services

ABANDONED CARS	781-JUNK
ANIMAL CONTROL	554-6364
BUS SHELTER DAMAGE	882-4949
CITY TREES (trimming)	695-2162
CRIME-STOPPERS (anonymous)	1-800-2GIVEINFO
DOMESTIC/FAMILY VIOLENCE	864-4722
DPW (days)	695-2017; (nights/weekends) 695-2020
EMERGENCY SERVICES	9-1-1
EMERGENCY SERVICES (cell-phone)	553-8090
GARBAGE SERVICE COMPLAINTS	255-3610
GRAFFITI CLEANUP (DPW)	241-WASH
GRAFFITI SUSPECT INFO	553-1603
INGLESIDE STATION (Anonymous 333-3433)	553-1603
LELAND AVENUE RESOURCE CENTER	585-2675
MAYOR'S OFFICE	554-7111
MAYOR'S NEIGHBORHOOD SERVICES	554-6110
NARCOTICS TIP LINE (anonymous)	1-800-CRACKIT
PARKING AND TRAFFIC PROBLEMS (DPT)	553-1200
POLICE (non-emergency)	553-0123
POTHOLE REPAIR	695-2100
SAFE (neighborhood watch groups)	673-SAFE
STREET LIGHTING CITY (out of order)	554-0730
STREET LIGHTING PG&E (wood poles)	693-3201
SUNNYDALE RESOURCE CENTER	586-7572
TRAFFIC SIGNALS (out of order)	550-2736
TRAFFIC ENGINEERING	554-2300
VVMS ANNONYMOUS HOTLINE	281-8406

Advanced Transportation Smooths Global Trade

(NAPS) As more than two billion tons of domestic and import/ export cargo move through U.S. ports and waterways each year, intelligent transportation systems products and services are helping to smooth the way, according to a leading authority on the use of advanced technologies in intermodal transportation.

Dr. Joseph Sussman, JR East professor of engineering systems and civil and environmental engineering at the Massachusetts Institute of Technology and a member of the Intelligent Transportation Society of America (ITS America) Board of Directors, says advanced technologies are being used more than ever in intermodal transfer points at seaports and other terminal facilities to move cargo and passengers more quickly and efficiently.

"Ports see intelligent transportation systems-ITS-as a tool to link ocean and inland transportation," says Sussman. "They are excited about developing system-wide data interchange that integrates maritime traffic with trucks and rail."

At the Port of New York and New Jersey, a new program called Freight Information Real-time System for Transport, or FIRST, provides information on cargo arrivals, Interstate and arterial traffic at or around port complexes, and ship arrivals using a Web site-www.firstnynj.com.

Trucking companies can check FIRST to find the status of a cargo container at the port, and arrive only after the cargo is ready to go. Also, a trucker can use FIRST to alert the terminal to his or her arrival, speeding up the processing time.

The project has the support of the I-95 Corridor Coalition, a partnership of transportation agencies and the private sector along the I-95 corridor from Maine to Virginia.

In California, the Port of Long Beach is providing traffic management enhancements using intelligent transportation systems to improve access roads, arterials, and intersections.

In the Midwest, major intermodal rail facilities, international cargo and passenger airports, river ports and a trade processing center located along or near the I-35/I-29 corridor from Mexico to Canada are using ITS to improve the flow of trucks and trains carrying the goods.

In the Northwest, Washington state will link highway ITS technology with port-side electronic data interchange systems in Seattle and Tacoma. Access to traffic information will permit freight organizations to spot and bypass transportation bottlenecks, thereby reducing operating costs and congestion.

At the federal level, ITS America formed the Intermodal Freight Technology Working Group in 1998 to help bring ITS technologies to bear on problems of intermodal transportation globally. Partners include the U.S. Department of Transportation, various port authorities, transportation companies and intermediaries, and others.

"Ultimately, all the parts will be working together, saving time and money. We will know whether containers, trailers or chassis are on the open road, on rail, in storage, or on board ship," says Sussman.

ITS America is an educational and scientific public-private partnership of over 900 member organizations promoting the use of advanced technologies in surface transportation to save lives, time and money and improve the quality of life. For additional information on intelligent transportation systems, write: Communications Department, ITS America, Suite 800, 400 Virginia Ave. SW, Washington, DC 20024-2730, or visit the ITS America Web site at bttp//:www.itsa.org.

Top Ten Extreme Fears

(NAPS) Have no fear, whenever you feel afraid, you're far from alone. Studies show almost everyone is afraid of something. Men and women, however, don't always have the same fears.

According to a new poll conducted by Discovery Health Channel, American men and women agree about many objects and situations that cause them "extreme fear," but rank their fears slightly differently.

Ranked by total percentage of Americans with a heightened level of fear, the Top Ten Extreme Fears include:

1. Fear of snakes: 25 percent are afraid of snakes, 13 percent of men and 35 percent of women.

2. Fear of being buried alive: 22 percent are afraid of being buried alive, 20 percent of men and 25 percent of women.

3. Fear of heights: 17 percent are afraid of heights, 14 percent of men and 19 percent of women.

4. Fear of being bound or tied up: 15 percent fear this, two percent of men and 27 percent of women.

5. Fear of drowning: 14 percent fear drowning, 11 percent of men and 17 percent of women.

6. Fear of speaking in public: 13 percent fear this, 9 percent of men and 17 percent of women.

7. Fear of hell: 12 percent fear hell, 7 percent of men and 15 percent of women.

8. Fear of cancer: 11 percent fear cancer, eight percent of men and 13 percent of women.

9. Fear of tornadoes and hurricanes: 10 percent fear these disasters, 5 percent of men and 16 percent of women.

10. Fear of fire: 10 percent fear fire, 4 percent of men and 15 percent of women.

Fortunately, when constant and irrational fears interfere with a person's life, there are treatments that can help. Most people who experience extreme fears, however, prefer to live with their discomfort than to seek professional help.

To learn more about extreme fear and how to deal with it, you can visit Discoveryhealth.com.

ò Discovery Health Channel and Discoveryhealth.com take you inside the world of health, medicine and wellness-through medical breakthroughs, inspiring real life stories of individual and medical triumphs and events brought to life in a unique and captivating style.

How Much Do You Know About the U.S. Presidents?

(FeatureSource) Test your knowledge of our presidents with this quiz from Presidential Fact Cards.

1. Who was the first president to have his picture taken?
A) Thomas Jefferson
B) John Quincy Adams
C) Abraham Lincoln
D) Ulysses Grant

2. Who was the first president to be born a United States citizen?
A) George Washington
B) Thomas Jefferson
C) Andrew Jackson
D) Martin Van Buren

3. Who died one month after becoming president from a cold he caught while giving his inauguration speech?
A) William Henry Harrison
B) James Buchanan
C) John Tyler
D) James Polk

4. Which president was an indentured servant who purchased his freedom for $30?
A) Zachary Tyler
B) Franklin Pierce
C) Millard Fillmore
D) Andrew Johnson

5. Who was the only lifelong bachelor to serve as president?
A) James Buchanan
B) Rutherford Hayes
C) Ulysses Grant
D) James Garfield

6. Who was the first president to use a telephone in the White House?
A) Grover Cleveland
B) Rutherford Hayes
C) William McKinley
D) Theodore Roosevelt

7. What president was the father of the very first child born in the White House?
A) Abraham Lincoln
B) Chester Arthur
C) Grover Cleveland
D) William Taft

8. Who was the first president to hold a doctorate degree?
A) Theodore Roosevelt
B) William Taft
C) Calvin Coolidge
D) Woodrow Wilson

9. Which president married his wife 29 years after they met?
A) Franklin Roosevelt
B) Harry Truman
C) Lyndon Johnson
D) Richard Nixon

10. Who was the first Boy Scout to be elected president?
A) Dwight Eisenhower
B) Jimmy Carter
C) John Kennedy
D) Bill Clinton

Answers: 1-B, 2-D, 3-A, 4-C, 5-A, 6-B, 7-C, 8-D, 9-B, 10-C

Grapevine Want Ads

VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitacion Valley area. Interested persons contact Dee Smith, VVCC After School coordinator: (415) 585-2059.

A LITTLE GOES A LONG WAY. The John McLaren Child Development Center seeks in-kind donations for our newly-created lending library: children's books and magazines; small children's furniture; writing and/or art supplies; educational/cultural games or posters. Thank you in advance for your kindness and generosity! Please send all donations to: John McLaren Child Development Center, 2055 Sunnydale Ave., San Francisco, CA 94134. Call 469-4519 if you would like for us to pick-up any materials.

BEEN THERE...DONE THAT! The Visitacion Valley Jobs, Education and Training Program (across from the site of the recently demolished Geneva Towers) is accepting TANF and GA clients for "Welfare to Work–Job Readiness Training." Classes are conducted by sensitive community trainers from Visitacion Valley. Got issues? No problem! We'll solve them together as you reach for your own self-sufficiency. Feel comfortable while you're trying to sell yourself into today's labor market. Contact Ann or Mary at (415) 239-2866 or 239-2877.

GRAPEVINE DISPLAY ADVERTISING now half off regular rates for a limited time. Full Page: $75; 1/2 Page $40; 1/4 Page $22.50; 1/8 Page $12.50; 1/12 Page $7.50. Discount for three or more insertions. Call (415) 467-9300 for more details ***Want Ads:*** 20 words for $1. Extra line 50 cents. Ad and payment should be received by 20th of prior month at Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

Visitacion Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300

AQUARIUMS
ASIAN DISCUS AQUARIUM, 130 Leland Ave., 333-0772

AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE (mechanic) 2596 Bayshore Blvd., 239-5239
CHARLIE'S GARAGE (Charlie Awegh), 2550 Bayshore Blvd., 239-7450
TW AUTOMOTIVE (mechanic), 2500 Bayshore Blvd., 585-8281
VALLEY AUTO & TRUCK SUPPLY (Bill Conte), 2520 Bayshore Blvd., 239-5880

BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501

BAKERS
CUNEO BAKERY, 96 Leland Ave., 239-6090
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253

BARBERS
DeMASI'S BARBER SHOP, 35 Leland Ave.
THE SHOP (JB), 178 Leland Ave., 239-6709

BEAUTICIANS
ANGEL COIFFURES, 5 Leland Ave., 239-9891
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
MIZ RENA'S SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY (manicurist), 50 Leland Ave., 333-6800
A NEW START HAIR STUDIO (Joyce Hollins), 222 Leland Ave., 584-3077
WHO'S BADD, 224 Leland Ave., 657-3156

BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506

BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693

BOOKKEEPER
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333

CARPETS
HANSAN INTERIORS, 41 Leland Ave., 333-6382

CASKETS
CASKETORIUM, INC., 93 Leland Ave., 585-3451, Cell 722-8500

CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISTACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503

CLOTHING
SPONA (designer fashions), 9 Leland Ave., 239-9631

DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500

DEVELOPERS
GENEVA VALLEY DEVELOPMENT CORP., 333 Schwerin St., 587-7895
TUNTEX U.S.A., 150 Executive Park Blvd., 468-6676

ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657

FLORISTS
IL FIORE FLOWERS, 2466 San Bruno Ave. 468-0145

GARDEN ORNAMENTS
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990

GROCERS
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
K.C. MARKET, 400 Wilde St., 467-3024
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORT STOP, 2145 Geneva Ave., 585-0878
PICCOLO PETE (deli), 2155 Bayshore Blvd., 468-6800
SARI-SARI FOOD STORE, 58 Leland Ave., 239-0580
7-11 (Manny DeLeon), 2200 Bayshore Blvd., 468-8646
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506
SUPER FAIR MARKET, 201 Leland Ave., 239-6856
TEDDY'S MARKET, 298 Teddy Ave.
VALLEY SUPER MARKET, 65 Leland Ave., 239-7520

HERBS
KWOK HONG CHINESE HERBS, 57 Leland Ave., 585-8751
SAN ON HERBS, 33-A Leland Ave. 333-7469

HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631

INSURANCE
ROBERT LEHMAN, CLTC, CMFC, 333-0850

LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave.
CITY WASH INTERNATIONAL, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNDRY, 186 Leland Ave.
FORTY-NINER CLEANERS (David Chan), 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave.
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030

LEARNING
3-N-1 LEARNING ACADEMY, 240 Leland Av&e., 584-8555
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320

LIBRARY
VISTACION VALLEY BRANCH, 45 Leland Ave., 239-5270

LOCKSMITH
M-3 LOCKSMITH, 200 Leland Ave., 587-8403

LODGING
THRIFTLODGE, 2011 Bayshore Blvd., 467-8811

MANUFACTURER
NATIONWIDE PAPER, 345 Schwerin St., 586-9160

MEDICAL
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 333 Schwerin St., Appointments: 715-0310
OR. SAM HO, MO, 9 Silliman St. No. 4, 337-6135
NORTHEAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)
PORTOLA FOOT & ANKLE CLINIC (Dr. Divyang Patel) 2858 San Bruno Ave 467-7500

NOTARY
ROYAL PACIFIC MORTGAGE & REALTY, 46 Leland Ave., 333-4900

ORGANIZATIONS
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwenn St., 584-4044
JOHN KING SENIOR CENTER, 590 Leland Ave., 239-6233
LELAND HOUSE, 141 Leland Ave., 405-2000
SENIOR CENTRAL DISTRICT, 65 Raymond Ave., 330-1789
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499

PHARMACY
VISTACION VALLEY PHARMACY, 100 Leland Ave., 239-5811

PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620

PLUMBING
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401

POST OFFICE
VISITACION U.S.P.O., 68 Leland Ave., (800) 275-8777

REAL ESTATE
CAMERON-JONES, INC. (Cathy Kline-Saunders), 334-0800
HENRY SCHINOEL, 239-5850

RESTAURANTS
CLIFF'S BARBECUE, 2177 Bayshore Blvd. 330-0736
G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283
HONG YUN RESTAURANT, 73 Leland Ave., 469-5686
SUN FAI RESTAURANT, 30 Leland Ave., 587-2763
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
RUSSIA HOUSE, 2011 Bayshore Blvd., 467-0252
SHIREL'S SOUL FOOD, 107 Leland Ave., 239-5141
TWO JACK'S RESTAURANT (seafood and burgers), 167 Leland Ave., 337-0433

SELF-DEVELOPMENT
DYNAMIC DEVELOPMENTS (Marjone Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608

SERVICE PROVIDERS
THE VILLAGE, 333 Schwerin St., 239-5045
VISTACION VALLEY BILINGUAL EDUCATION SUPPORTIVE SERVICES & TRAINING (VVBESST), 120 Leland Ave., 586-7347
VISITACION VALLEY COMMUNITY CENTER, 50 Raymond Ave., 467-6400
VISTACION VALLEY JOBS, EDUCATION AND TRAINING (VVJET), 333 Schwerin St., 239-2866

SHOE REPAIR
ARMANDO'S SHOE REPAIR (Armando Rosignuolo), 156A Leland Ave., 239-7216

SIGNS
SMITH'S SIGNS, 153 Leland Ave., 333-2700

TAVERN
THE CLUB HOUSE, 25 Blanken Ave.

VIDEO
SIN FUNG VIDEO, 144 Leland Ave., 586-1038

What to Know on Child Safety Seats

(NAPS) Surprisingly, many parents could do more to protect their offspring. Without realizing it, more than 80 percent of parents either install their car seat incorrectly or fail to use an appropriate seat for their child's size and weight.

"We see multiple child safety seat misuses every day that have the potential to result in fatal or serious injury," says Lorrie Walker, child passenger safety coordinator at Florida Atlantic University. "Problems with car seats are not limited to improper installation. Parents who install the car seat correctly in the vehicle may not necessarily secure their child properly in the seat itself."

Walker urges parents to do their homework before purchasing a safety seat. She suggests taking family vehicles to the store and actually trying several different seats in the vehicles before making a purchase. Parents and caregivers should thoroughly read instruction manuals, and practice proper installation until it becomes second nature. The next step is practicing placing the child in the safety seat and adjusting the harness so it lies snug and flat on the baby's chest.

There are several additional steps parents should take before buying new car seats:

First, find out what kind of car seat is appropriate for the child. The National Highway Traffic Safety Administration (NHTSA) advises that an infant at least 20 pounds and up to one year old is safest when riding in a rear-facing car seat, in the back seat of the car. This kind of seat provides lifesaving back, neck and head support in case of a frontal crash, the most common type of crash.

There are two types of seats that accommodate infants. One is called an infant-only car seat and is outgrown once the child is at least 20 pounds and one year of age. Typically, these models offer the convenience of a base that stays in the vehicle, while the seat itself can be used as a carrier. A convertible car seat is used both rear-facing for infants (up to 30 pounds and one year) and forward-facing for toddlers (over one year and up to the upper weight limits on the safety seat).

Some parents are uncomfortable with the rear-facing seating position because they can't see the baby's face. Parents often improvise by pinning mirrors on the vehicle seat cushion so they can watch the baby. But this can be dangerous in the event of a crash. Fisher-Price has addressed this issue with an infant safety seat called the "Stay-In-View." It comes equipped with a built-in mirror, allowing the driver to keep baby in full view (for instance, when stopped at a traffic light) when buckled in the rear seat as recommended.

Finally, the NHTSA and the American Academy of Pediatrics remind parents that children who have outgrown convertible car seats still need the protection offered by a belt-positioning booster car seat. This type of car seat positions the safety belt properly across the child's chest and hips. Until children reach a height and weight which allows the vehicle safety belts to fit properly around them (usually about five feet in height and 80 pounds), a booster seat helps position the adult-sized safety belts properly.

For more information on how to protect children in the car, NHTSA provides safety tips which can be found on the Web at www.nhtsa.dot.gov.

42-Volt Technology: Key to Cars of Future

(NAPS) Imagine walking up to your car, having the door unlock and swing open all by itself. You get in and the door closes automatically as your favorite music begins to play. The cabin temperature adjusts to your personal preference, while sensors determine if the windshield and mirrors need to be heated. Need to make minor adjustments? Just say the word.

While this may sound like science fiction, it's actually the coming evolution of automotive technology, according to the Society of Automotive Engineers' (SAE) report, 42-Volt Systems: Technology Implications for the Automotive Industry.

Since the 1950s, vehicles have operated on 12-volt systems. Advancements in passenger comfort, interior electronics, fuel economy and emissions, however, demand additional power-and an upgrade to 42 volts is seen as the best way to run these systems.

"The increase in available power will allow engineers to develop new systems to change the vehicles of the future," according to the SAE report. "Future needs in the areas of safety, passenger comfort, emissions control and fuel economy are expected to require more electronics."

DaimlerChrysler Advance Technology Specialist Fred Miesterfeld says the greatest achievements will be in fuel economy and passenger comfort.

"Converting to a 42-volt system would improve engine efficiency," he says. "It would also allow for more speaker power, supply more heat to window heaters and seats and provide more efficient steering control."

According to the report, consumers can also expect to see electronic steering, brakes, water pumps and air conditioning systems, all due to 42-volt technology. However, the immediate cost of converting vehicles to 42-volt systems is sizable.

"It will require new facilities, components and manufacturing processes throughout the entire supply chain," says Miesterfeld. In fact, electronics are expected to account for 35 to 40 percent of the cost of high-end vehicles during the next 10 years.

While full implementation across all car lines may take up to two decades, consumers can expect the first "all 42-volt" cars to be in the high-end luxury segment within the next seven to 10 years.

For more information on SAE, 42-volt technology, careers in automotive engineering, new products and standards, and other engineering information, check out the Web site at www.sae.org.

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Protecting Yourself From Identity Theft

(NAPS) The nation's top professional golfer, Tiger Woods, recently joined the ranks of a new club-the growing number of Americans who have become victims of identity theft. Using Mr. Woods' social security number to obtain credit card information, a thief was able to run up $17,000 in charges before being caught, according to news reports.

Identity theft occurs when someone steals your personal information and uses it to establish credit, borrow money, charge items or even commit crimes in your name. This year some 700,000 consumers are likely to become victims of this federal crime. Here are some tips from the financial experts at America's Community Bankers on how to avoid becoming an ID theft victim and what to do should information highwaymen sting you.

Protect Your Identity:

*Never respond to unsolicited requests for your social security number (SSN) or personal financial data.

*Shred credit card, ATM receipts and any pre-approved credit offers you have received, but don't plan to use.

*Check all credit card and bank statements for accuracy.

*Avoid easy to figure out access and personal ID (PIN) codes.

*Obtain a copy of your credit report yearly and check it for accuracy. Available from: Equifax: 800-685-1111, Experian: 888-397-3742, Trans Union: 800-888-4213.

*Use only secure sites when making online purchases. Secure pages begin with "https."

*Pay for online purchases by credit card to assure you get what you paid for and to limit your liability.

*Safeguard your SSN, and check Earnings and Benefit statements annually for fraudulent use by calling 800-772-1213. Report fraud at 800-269-0271.

Should You Become a Victim:

*File a police report.

*Immediately notify your bank and all of those with whom you have financial relationships.

*Tag accounts closed due to fraud: "Closed at consumers request."

*Notify credit bureau fraud units. Equifax: 800-525-6285. Experian: 888-397-3742, Trans Union: 800-680-7289.

*Establish a password for telephone inquiries on credit card accounts.

*Place a fraud alert statement on your credit report.

*Request bi-monthly copies of your credit report until your case is resolved. Free to fraud victims.

*Report stolen checks to check verification companies. Check Rite: 800-766-2748, Chexsystems: 800-428-9623, Equifax: 800-437-5120, TeleCheck: 800-710-9898.

*Check post office for unauthorized change of address requests.

*Follow-up contacts with letters and keep copies of all correspondence

Be Alert:

Suspect ID theft if you're denied credit for no apparent reason or routine financial statements stop arriving in a timely manner.

Cleaning Up the Neighborhood

Scattered litter became history as a volunteer in Visitacion Valley swept an area as part of a month-long neighborhood clean-up effort in February co sponsored by the Mayor's Office and the Department of Public Works..

A Few Things to Know About Retirement Investments

(NAPS) A growing number of people are beginning to save for retirement at an earlier age. Participation in the stock market is at an all-time high and long-term investments are becoming a common topic of conversation.

What's usually not discussed are investment fees and taxes. Certainly, all of us want fees and taxes on investment products to be held to a minimum. However, each product-annuities, life insurance, mutual funds, etc.-is treated differently.

For example, fees usually cover the cost of developing and maintaining a product. Some fees cover the cost of selling you that product, whether you buy it from a salesperson, over the Internet or by phone.

While some products in general have higher fees than others, they might also have more features. Variable annuity and mutual fund fees are often compared, but those comparisons often do not take into account the many features that variable annuities have, such as the option for lifetime income, that mutual funds typically do not. If an annuity fits your needs, it can be a tremendous value in your retirement plan.

On top of that, products are treated differently under tax codes. Products that help you save specifically for retirement generally have tax advantages. Contributions to Individual Retirement Accounts (IRAs), for example, may be deductible from federal income tax and 401(k) contributions are pre-tax.

How do you decide whether a given product is right for you and worth the costs you will incur?

*Use an investment professional to help sort through various options.

*Look at all fees and expenses associated with the product.

*Find out whether low fees mean fewer features.

*Examine the tax implications of the products.

*Consider the tax implications of investment trades.

*Look at when investment earnings are taxed.

Choosing the product that provides the greatest value will vary with every person, depending on his or her needs. Talk to your investment professional about what product will best meet your needs.

Free Diabetic Screening At Leland NEMS Clinic

Do you feel tired? Do you feel thirsty all the time? Do you lose weight without trying? Do you have an urge to urinate frequently?

If you can answer yes to the above questions, you may need to have your blood sugar tested.

During the month of March, North East Medical Services (NEMS) is offering a free Diabetic Screening. For more information, either call (415) 391-9686 and ask for the Leland Avenue special promotion or come to the clinic at 82 Leland Ave., open Monday through Friday from 8:30 a.m. to 5 p.m.

Getting Just Credit When Credit is Due

by John Addison

(NAPS) Getting the credit you need is often a matter of how you play your cards-your credit cards. Credit cards can greatly enhance the quality of a consumer's life. However, if handled improperly, they can severely limit a person's financial choices.

Here are five of the most common mistakes made by consumers when they mishandle credit.

*Not valuing the credit they have. Good credit is a valuable commodity in today's economy. However, bad credit, in the form of late payments or not paying off obligations, can create a negative credit profile and surface when a consumer has a real need to borrow, such as when attempting to buy a house or car.

The experts at Primerica believe that before you say "charge it," think about how each purchase fits into your total financial plan and your ability to keep your promise to repay.

*Letting a need for status overrule common sense. Is trying to impress a maitre d' or a sales associate really that important to you? If it is, most credit card companies now offer a card to feed your ego. These "status" cards come with higher credit limits, a few bells and whistles and annual fees that range from $75 to $100 a year.

The basic card from the same company will usually buy as much and cost much less.

*Raising credit card limits. Increased credit limits are an increased temptation to buy. If a company tells you it is raising your limit, remember it can be a mixed blessing. You can refuse an increase you did not request by calling or writing a letter that says no thanks.

*Stretching out a loan to get lower payments. Gamblers know that, over time, it's virtually impossible to beat the house.

The same is true when it comes to loans. While you may pay less each payment, extending the life of the loan increases the amount paid in interest charges. Always select the shortest payment period possible.

*Not knowing their interest rate and fees. Credit is itself a type of product and interest is the price we pay for it. As with any other product, remember that it's usually possible to shop around for a better price.

By avoiding these common mistakes, you can keep your credit record clean and are more likely to get the credit you're due, when you need it.

The financial professionals at Primerica have created a guide that shows you how to take control of your financial life. To get a copy of The Solution, write to Primerica, 3120 Breckenridge Blvd., Duluth, GA 30009, ATT: Corporate Relations, or call 770-564-6329.

Mr Addison is Co-CEO & President of Primerica, a subsidiary of Citigroup, Inc